A MINUTE OF HEALTH WITH CDC

Take a Deep Breath

National Chronic Obstructive Pulmonary Disease Month — November 2016
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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Chronic obstructive pulmonary disease, or COPD, is a common condition in the U.S. that causes reduced airflow in the lungs, making it difficult to breathe. Nearly 16 million Americans have been diagnosed with COPD; however, many may not be aware they have the condition. Early diagnosis and treatment are key for managing the disease and preventing it from worsening. Common symptoms include frequent coughing, shortness of breath, excessive phlegm or sputum, wheezing, and difficulty taking a deep breath. If you're experiencing any of these problems, see your health care provider as soon as possible.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.